

(7) 3:13am 10th February 2024  
Saturday  
Yaumal Jabt

Book 20: Life Reflections  
10/1/2024 3:15am

- BismillahirrahmanirRaheem
- In The Name of Allah, The Entirely Merciful, The Especially Merciful.

### Text/Matn

1. Yesterday, I was on intellectual patterns. But Alhamdulillah, The Dr. Dr. Edebi (the new doctor) told me to <sup>switch</sup> <sup>in</sup> <sup>over</sup> <sup>my</sup> <sup>use</sup> <sup>of</sup> <sup>dozepam</sup> (2mg) <sup>up</sup> <sup>to</sup> <sup>a</sup> <sup>total</sup> <sup>of</sup> <sup>2</sup> <sup>to</sup> <sup>3</sup> <sup>tablets</sup> <sup>is</sup> <sup>a</sup> <sup>day</sup> <sup>for</sup> <sup>the</sup> <sup>next</sup> <sup>2</sup> <sup>days</sup>
2. Umar Absar, came out of hospital. He is well (engaged). Difficult to handle but Alhamdulillah
3. Overall I feel happy (sort of) / good Alhamdulillah.
  - Wa Allahu A'lam
  - Alhamdulillah, was salatu